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THE
Old MAN'S GUIDE

TO
Health and Longer Life :

WITH
RULES for DIET, EXERCISE, and
PHYSICK ;

FOR
Preserving a good CONSTITUTION, and
preventing Disorders in a bad one.

By Dr. HILL.

The FIFTH EDITION.

L O N D O N :

Printed for R. BALDWIN, in Pater-noster-Row,
and J. RIDLEY in St. James's-Street. 1764.

[Price Six-pence.]

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By Dr. H. L. A.

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LONDON:

Printed for T. B. Rowland, in Pall-mall Row,
and J. Richardson, at James's Street, 1790.

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T H E

O L D M A N ' s G U I D E .

HEALTHFUL old age is the most valuable period of human life : Experience has rendered the antient more able than those who have seen less, and felt less, to conduct themselves and their descendants ; and being freed from the empire of the passions, they enjoy quiet.

Philosophy pretends to this condition ; but age gives it truly : Whatever our heirs may think, it is worth preserving ; and in that sense I write the present Treatise.

A hundred are cut off by disorders which a good regimen might prevent, for one who dies of age, or its unavoidable effects : Many

fall by accidents, to one who is fairly called away by nature. The purpose here is to direct the means, by which these accidents may be avoided, and those disorders timely obviated.

Old mens diseases are hard to cure; but easy to prevent. It must be a good natural fabrick which has preserved itself so long; and the same strength may keep it much longer well, under good regulation.

MODERATE diet and due exercise are the best guardians of health in all: but in the advanced period here considered there are two great preservatives besides; these are Ease, and Cheerfulness; both are the natural offspring of health; and they will continue the blessing to which they owe their origin.

It is allowed, we know so little of nothing, as of ourselves: it has been said often of the mind, but is not less true of the body. Fancying we have diseases will sometimes

sometimes bring them upon us: and there is as much danger in forcing ourselves to believe, against our feeling, that we are well, when we have some disorder.

To avoid both, let the old man read here with a free mind. Let him not suppose, because God has blessed him with long health, he is above the reach of sickness; nor neglect the care which may conquer, in its beginning, a disease that would in the end conquer him. Let him be as ready to acknowledge real disorders, as careful to avoid imaginary.

Health consists in a good digestion of the food; and free circulation of the blood. The appetite, and the condition of the stomach after eating will shew the first; and the latter may be known best by the pulse.

That old person's digestion is good, who has a sharp but not voracious appetite; and who feels no pain nor sickness after meals. To preserve this let him be content with
less

less than he could eat. To keep the stomach in order, do not overload it.

The best time to feel the pulse is in a morning; a little after getting up, and before breakfast. It should be a rule never to omit this examination. A constant and regular attention to the pulse will shew its slightest variations: and when any such happen, care must be taken of the health.

There are methods of counting the strokes by a watch; but the plain way is better.

A frequent examination will inform us what is the condition of our pulse in health; and the deviations from this shew sickness.

While an old man feels his pulse regular, finds his digestion good, and with a mind at ease can take his usual exercise freely, he may be certain he is well; and we shall tell him how to keep so: when a fault is seen in time 'tis easily remedy'd.

If

If the pulse beat too quick and high the diet must be lower ; if too slow, and weak, the food must be somewhat richer. This short direction will prevent diseases.

Exercise has thro' the younger part of life been very instrumental in preserving health : when we grow old we cannot use so much ; and we must therefore be more careful in our diet. That will go off well with exercise, which will overload when quiet : that will nourish while we walk abroad, which, when we stay at home, breeds fevers.

We must not make this change of diet violently : for all sudden alterations are dangerous. Our strength for exercise will leave us by degrees ; and we must reduce our food accordingly.

Old men are least healthy in winter ; they should then be most careful. They are colder than the young ; therefore cold more affects them : They will perceive the cold
has

has hurt them, when they find the pulse weaker and slower than usual : and they must recover the new damage, by more warmth of cloathing ; and a somewhat higher diet.

If perspiration has been stop'd by the cold, and no other ill effect follow, it will be seen by the urine being paler, and more in quantity than usual. In this case let flannel be put on carefully : this will restore the perspiration, and the urine will come to its due colour and quantity. After that let the flannel be carefully left off again.

Health consists in the evacuations having all their proper course and quantity ; and flannel will diminish one as much as it increases another.

No disorder is more troublesome to old men than costiveness : and the use of flannel improperly will sometimes occasion this.

A careful attention to health is the only
way

way to preserve it: many things are excellent when properly used, which may otherwise be destructive.

If the appetite fail, or wind oppress the stomach after meals, take more air, and exercise; and read or study less. Much study always hurts the digestion.

Light diet is most proper for aged persons:

Beef and pork should be avoided: for the stomach will rarely be able to digest these when it is not assisted by exercise.

Lamb, veal, pig, chickens, and tame rabbit are excellent; and out of these, if there were no others, a tolerable management may produce sufficient variety.

No aged person should eat more than one meal of solid food in the day. The stomach will manage a dinner when breakfast and supper have been light: otherwise the load of one meal not being gone off

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before

before another is brought in, neither will be digested.

Dinner should not be eaten too early, that the appetite may not be violent for supper: The older we grow, the more this should be diminished. This was the practice of Hippocrates; and by the observance of it Cornaro lived to his extreme age.

With respect to supper, the lighter it is the better: though we do not agree with those who advise the omitting it intirely. Moderation is the rule of health. They were in the right who declared the mischief of heavy suppers; but the poets have long since told us what sort of people those are, who, in avoiding a fault, rush into its contrary. There is a medium between a heavy supper and emptiness; and that is best. Let the old man eat liquids; and of all liquid diets, those which are partly composed of milk are best.

The digestive faculties in an old man are

are weak ; but milk is in a manner ready digested. He wants an easy nourishment ; and this affords it without loading the stomach, or oppressing it during the hours of rest.

Asses milk is most easy of digestion : a pint of that, with a small toast, eaten two hours before bed-time, will be nourishing, and sit easy on the stomach. The value of asses milk is its lightness : that of the cow is richer and heavier. Those who use the latter in the country, should mix it first with an equal quantity of soft water : in London this care is unnecessary, those who sell milk do it for them.

There are many other methods in which milk is proper : milk pottage, and thin rice milk, will give a variety. But some farther change need not be denied. Weak broths of veal, chicken, and mutton may be eat occasionally ; and Jellies honestly made at home, are proper, safe, and nourishing.

These things will answer the purpose of nourishing, and moistening ; for aged persons are naturally too dry.

The breakfast is not very important. Those who eat no supper are too hungry in a morning; and the stomach being loaded with what they take at that time, is the less able to digest a dinner. This is the reason we advise old persons to eat suppers, of a right kind; these take off the edge of the morning's appetite, and there will remain just so much desire to eat as will lead them to get something into the stomach without loading it.

Men may fast away their appetite; and their power of digestion goes with it. The conduct of the appetite regulates the health; and this is not enough regarded.

It is as essential not to keep the stomach empty, as not to overload it. Wind is the consequence of emptyness, and this disturbs its office. It should be always kept at its due employment in advanced periods of life; and this by small quantities of proper food.

Therefore

Therefore breakfasts, are as necessary as suppers. Only those who are troubled with phlegm should eat less at this meal than others. A cup of chocolate, not too strong, is a good breakfast. Coffee I cannot advise generally: but the exceptions against tea, are in a great measure groundless.

If the old man likes it he need not deny it to himself for breakfast. Let him use the plain green tea, of sixteen shillings a pound, and make it well; taking care the water boils, and allowing so much tea that it may be of sufficient strength without standing too long upon the leaves.

Let him drink three moderate cups; with a little sugar and a good deal of milk; and swallow it neither too hot, nor mawkishly cool. Let him eat with it a thin slice or two of good bread, with a little butter; and he will find it nourishing and excellent.

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The virtues of tea thus drank are as considerable as its bad qualities when ill managed. In this manner, it strengthens the stomach, and assists digestion: it keeps the body from emptiness without loading it: the appetite for dinner will be the better for it; and the digestion also more perfect. Tea in this quantity is sufficient also for the great purpose of diluting; and it refreshes the spirits more than any other liquid.

The best drink at meals is malt liquor, not too strong; small ale is better than table-beer, because it will keep to a due time for safe use. A little wine is necessary to old men, and according to the constitution, and former manner of life, more may be born by some without inconvenience. And of all wines sack is the best, if it can be obtained genuine.

As occasion shall require the supper foods here directed may be used by way of dinner; and broths may also be necessary
some.

some times for breakfast. When the stomach cannot digest solids, these liquid nourishments must supply the place ; and when more nourishing things are wanted, a broth breakfast is excellent. Vipers are extolled, but 'tis an idle fancy : I have found, on repeated tryals, broth of veal and chickens is better.

Every thing that is heavy, and hard of digestion, must be avoided : and tho' vegetables may be thought innocent, they will in some cases prove hurtful.

Carrots are to be avoided, no old Stomach can digest them : potatoes are innocent ; and parsnips are nourishing.

Sallads should be shunned : cabbage, and all its kinds breed wind ; but asparagus is diuretick ; and is excellent against that common old man's complaint, the gravel.

Bad cheese should be avoided ; and there is nothing worse than eating too much butter :

ter : but very fine Cheshire cheese, or the Parmezan in a small quantity after other food, are not amiss.

All sharp tasted things, whether in food or drink, are carefully to be shunned. They cannot be neutral upon the stomach ; and they are much more likely to do harm than good.

Fruits of a due ripeness, are innocent : but this is the best that can be said of them ; otherwise they hurt the stomach and often bring on dangerous cholicks.

Cucumbers, weaken the digestion, and greatly prevent the natural and necessary secretions.

The pine-apple, the most pleasant of all fruits, is the most dangerous : its sharpness fleas the mouth, and we know what effect such a thing must have upon the stomach and bowels weakened by age. I have known it bring on bloody fluxes, which
have

have been fatal. There are several kinds of this fruit, somewhat differing in quality; and a perfect degree of ripeness in a great measure takes off its bad effects: but these are nice distinctions; he who is wise will judge as he does of mushrooms; where many are dangerous, avoid all.

Those who are advanced in years should be upon their guard against things as they are not accusom'd to. Let him who knows what agrees with him stick to that. Change is wrong, and it may be hazardous: and 'tis idle to run into the way of danger where there is no advantage.

Mixtures of food are bad; there is not a greater error than to eat of many dishes at one meal.

Nothing contributes more to long life than good air: but it must not be bleak.

Many live to a great age in London where the air is foul; where we breathe smoak, and the mixt stench of a thousand putrifying substances.

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Let not him who has attained to a healthy threescore and ten there, think of leaving London, to continue his days to a longer period. They say use is second nature. It becomes nature itself: and indifferent things, are better than sudden changes. Several who have reached an uncommon Date of life, have perished by rash alteration.

Too bleak an air is wrong; for bleak and cold are always found together. Cold air chills the blood, and in old men we want rather to warm it.

All hills are cold the warmest air of the country is that of vallies, sheltered by rising grounds; but this is usually damp.

A gentle ascent is best; and if there be a running water near, it is the better.

The soil also is of consequence; and so is the exposure. A clayey bottom is always cold, and the air about it raw and damp.

A

A clean gravel is the best of all. The air over this is warm, and naturally dry; for all rain soaks through it.

The north and north-east winds are worst for old men: let the descent of the ground therefore face the south-west; and then the natural rise will keep off the bleak and cold air from the opposite quarters. This may be assisted also by plantations of trees; and thus the true seat of health and pleasure may be so far established.

The latter in life such a residence is chosen, the more carefully must the owner accustom himself to it: first in summer; and by degrees, and at times, at other periods of the year. An air thus chosen, will then give all the great articles age wants, appetite digestion, and a free circulation.

Exercise will be easy; and it will be pleasant in such a spot: but let this be under the regulation of good sense. Nothing is better than walking; but let him never go out but when the air is in a condition to do him good, nor venture upon the ground but when it is dry.

No country house is without a garden ; and the best part of this will be a good gravel walk. Let it be open to the south-west, and well defended from the dangerous quarters. Let it be laid tolerably round, that the water may not lodge ; and let it be kept well rolled, hard and smooth.

Let him never come upon it till the dew is off the grass ; and let the setting sun be the last object he sees there ; even in the best weather.

Some hours of the warm part of the day, passed constantly on such a walk, will add many years to life ; and give health with them.

Riding is also a noble exercise ; but the best hours of the day must be chosen for it.

In severe weather it is necessary to ride under shelter ; and at all times to avoid damp or bleak places.

Many diversions also afford excellent exercise, bowling is one : but the same care must

must be taken, of a proper time. A chariot may supply the place of a horse to those who are very feeble; and when even this is too much, there will be a great good in being driven along in a garden chair.

To such as are fond of gardening, nothing affords so happy, or so constant exercise. We do not mean that they should dig, or weed the ground: but use such employment as will give exercise without labour; and such as no hand will so well perform as that of the master. The trimming of shrubs, the management of espaliers, the thinning of fruit and the following and overlooking other works.

The only danger is this it is too tempting. Let him who falls into it take an invariable resolution, never to let his fondness for the garden carry him out too early, or keep him there too late.

The weather will sometimes deny all these exercises; in this case, any bustling about within doors, whether in the light of business, or amusement, will be proper.

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The adjusting an escritoire, or the new arranging the volumes in a book-case have often produced this good effect: and billiards or other stirring diversions within doors, answer the same purpose.

To those who are too weak for exercise, the best relief is a flesh-brush; its effects are more than can be imagined. The great benefit of exercise is assisting circulation, The flesh-brush does this nearly as well; but it must be frequently repeated.

Washing the body with warm water and rubbing it very well with repeated dry cloths afterwards is also excellent. The warmth and moisture here join in softening the skin, and this is a great point, for it is apt to grow hard and dry with age.

Great care must be taken to avoid taking cold after this. The best time is evening in a warm bedchamber; and the bed should be ready immediately, that the person may go into it while he is hot.

The hands and feet should have their full share in this, for circulation is weakest there.

The

The warm bath answers, in some degree, this purpose ; and will be spoken of hereafter : but it is rather to be used as a remedy than a preservative ; and we are here treating of old men in health.

The passions demand great regard in preserving health. The circulation is greatly affected by them : and the nerves suffer more. I have often seen diseases, and sometimes immediate death the consequence of giving a full scope to them.

In anger the pulse is violent and hard ; in grief faint and slow ; terrors make it irregular ; and shame impedes its motions.

These are proofs of a disordered circulation : and old men cannot bear this without hurt. Philosophy teaches the governing our passions ; and this is true wisdom. The old man should love himself too well to indulge them : it is not worth his while to be angry, Quiet is his business : and as he is past the fluttering pleasures of youth, let him place himself above its troubles.

Good humour, and a satisfaction of
mind

mind will give the aged many years. Discontent and disturbance wear out nature.

Of all passions the old man should avoid a foolish fondness for women. This never will solicit him, for nature knows her own time, and the appetite decays with the power : but if he solicit that which he cannot enjoy, he will disturb his constitution more than by all other means whatever : and while he is shortening his life ; and robbing the poor remainder he allows of peace ; he will be only making himself the jest of those who seem to favour his ineffectual desires.

Passion often arises from bodily disorders madness is a disease : and violent passion is a temporary madness. It proceeds often from a redundancy of humours ; and medicines will cure it.

Let the old man consider, he hurts himself more than others by his anger ; and he will wish to be cured of its tyranny. Let him examine himself, whether it be a disorder of his mind ; and his physician, whether

whether it lie in the body. In the first case the remedy is philosophy: in the latter, a few medicines will restore him to that temper, on which his life and happiness depend.

Let him who is gloomy banish the fear of death by warmer foods, and wine.

A disturb'd hurry of the spirits is always to be avoided: The blood and the nerves are disorder'd by this more than by bodily motion. Exercise ceases absolutely when 'tis over: but the storms of the mind leave a swelling sea, which strength alone can calm: and in age this is faint.

No disease is more hurtful to weak old persons than a purging: and I have seen this brought on instantly by a fit of passion. Medicines have attempted to relieve it in vain. That which would have been stop'd, if natural, by a spoonful of

D chalk

chalk julep, has reduced the person to a skeleton ; nay to death.

Joy, is, in a violent degree, as hurtful as the other passions : it hurries the circulation vehemently, and irregularly ; it exhausts the spirits ; and has occasioned sudden death. It is a violence of youth ; it belongs to that period of life ; that can bear it ; and to that let us leave it. Let the old man be as the quakers in this point ; always chearful but never merry.

Last let the aged man combat with all his power that dangerous enemy covetousness. Too great carefulness brings age before its time ; and in age it brings death prematurely. The care of heaping up for others, when it shortens our own life, is more than any heir deserves.

Sleep recruits nature, and restores the wasted spirits. This is necessary to all persons ; but to the aged most : because they
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can least bear the waste of them. They may therefore indulge in it longer than the young.

Six hours is as long as a person in the prime of life should sleep; but in age eight or ten, are proper.

Let the old man go to bed early, that he may enjoy these hours of rest without breaking in upon the morning. To go to bed at ten, and rise at eight, is a good general lesson.

If he do not rest well any night, let him still rise at the same time the following day: and the next evening he will sleep better. If not let him next day go into a warm bath; and indulge himself with a glass more wine, a little before bed time. This will take off his watchfulness; and he will sink into the most pleasing slumber.

Lying in bed in the morning, to make up for want of sleep at night, is every way extremely wrong. As nothing refreshes .

like seasonable sleep, nothing weakens more than long lying in bed in the day.

As soon as the old man wakes let him get up. He will be in spirits for the day. If he lies dosing, he will get into a weakening sweat. He will be low spirited during the day ; and watchful at night.

Upon the whole there is no pain in living regularly in old age ; and the consequence of it is certain : a longer life, and every day of it more agreeable.

The old man by good conduct often may prevent diseases : but if he fall into them, let him not longer trust to himself, but call in the physician. I have advis'd him how to preserve health, and how to remedy general disorders, so far as a due regimen can do it ; but he must be an ill judge of the human frame, who will pretend to remedy its diseases without knowledge in its structure ; and he would be a bad member of society who gave such advice.

Fulness

Fulness of blood brings on redundance of the other humours: they are separated from the blood, and naturally encrease with it in quantity.

We know we have too much blood by these plain symptoms: the pulse will be full strong, and quick; the complexion ruddy; and the urine high coloured. The veins also will be swelled, and breathing difficult.

Too high feeding, and too little exercise cause this; and the plain remedy is more motion, and an abstemious diet.

But this must not be sudden. For all hasty alterations are dangerous. As it is slowly, let it be also regularly brought on. Nature will so be relieved in a satisfactory manner.

First retrench one third part from the flesh eaten at dinner; and let it be only of the
tender

tender and young meats and these well and thoroughly dress'd.

Rise an hour before the usual time, and every day encrease the quantity of exercise a little; but with care not to go out at improper hours to endanger taking cold. In getting rid of one evil let us not run into another. This fulness is a state in which diseases are easily brought on, and will be violent. Colds are most dangerous in this condition, and therefore are most carefully to be avoided.

The pulse will shew whether this reduces the redundance. If it do not take effect in five days, it will be proper to be blooded. After this the same regimen will probably compleat the purpose, and there will be no need for medicines.

If this fail, the warm bath every other day will probably answer. 'Tis best to avoid medicines, if it can be done with safety: for they disturb the constitution; and the
best

best guard of the old mans health is quietness.

When old persons fall into a wasteing and decay, it too often carries them off: but many may be saved by timely care, to whom no remedies will be of service after a first neglect. While the stomach is able to digest any thing, there is hope; but when its power is lost, both food and physick are vain.

When an old man perceives his flesh wasting, and his strength and spirits failing, let him take good nourishment, and adapt it carefully to the condition of his stomach.

If it be too strong, or if he take too much, the digestive faculty, impaired by general weakness, cannot manage it; and he will hasten his death by such a conduct.

The rule is to eat only innocent and nourishing things, and these often, but in moderate

derate quantities : chicken, young lamb and veal boiled down almost to jelly, are the proper foods.

Two hours before dinner, let him take half a pint of chicken broth ; and as his stomach strengthens, veal or mutton broth ; and the same again one hour after his light dinner.

Let his breakfast be a yolk of an egg, beaten up with half a pint of asses milk, and a quarter of an ounce of conserve of roses : and his supper veal broth boiled almost to a jelly,

Every afternoon let him take half a pint of asses milk alone : and all this while there must be no violent evacuations. A purging would be destructive ; and morning sweats are very hurtful. Let him rise early : and to compleat the cure, believe these methods well perform it. An easy mind will do more than food or physick.

Sharp

Sharp humours often trouble old persons greatly. The first sign of them is an uneasiness at the stomach; then comes on a want of appetite, with sour belchings, choleric, purgings, and defluations; thirst, and a feverish disposition.

The fault lies originally in the stomach: high fauces, and bad wines, have generally been the cause. The first step to a cure is to abstain from these: and life depends upon it. To aggravate those symptoms is to destroy the constitution utterly. Incurable fevers, or fatal purgings follow.

The best beginning is by a vomit: and after this the diet must be all of the mild and cooling kind. Every morning take two spoonfuls of syrup of snails made by bruising them with sugar, and hanging them up in a flannel bag till the juice runs out. At meals, let the drink be a tea made of marsh-mallow and liquorice-root, with one third part milk, drank just warm. If the skin grow yellow, or the white of the eyes ap-

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pear of that colour, a dose of rhubarb once in three days will be needful. The best method of taking it is by chewing.

This is as much physick as we would have the old man use in such a case: the rest must be done by a proper regimen. Violent anger will increase this disorder; let him also banish fear: If he thinks himself in danger, he will bring it on.

He must never overload his stomach; nor suffer it to be quite empty. Once in about two hours he should swallow something. Jellies of hartshorn, are excellent; but they must be prepared at home: cheating is so easy, and the method with hartshorn only is so tedious, that few who make them for sale will do it fairly.

Often this complaint rises from a stoppage of perspiration particularly in the feet. The business then is to bring that on again by additional warmth: as by flannel socks and yarn stockings. This will in many cases alone
per-

perform the cure ; and in all others, where such a stoppage has been a part of the cause, it will greatly assist the other methods.

The pulse, which was at first too quick, will grow moderate as these cautions take place ; and this promises a cure. To compleat it, go to bed in time, and use moderate exercise in the best hours of the day. Eat no fat meats, drink little wine ; and avoid care, and uneasiness.

If sleep be wanting a small dose of syrup of diacodium every night will give it safely.

This method will restore health, but it must be preserved with due care afterwards: relapses in this case are frequent. A vomit once in six weeks, and a dose of rhubarb every ten days, with a careful diet, will make this a very healthy constitution.

When an aged person is in pain he must examine carefully whether there be inflammation with it.

This he will know to be the case by his pulse beating hard and quick, and by high coloured urine: his flesh also will be hotter than usual. When pains come on without these symptoms, warmth in the part, and patience, are the remedies: but when these join with them they threaten danger.

Bleeding, and abstinence from all hot foods often performs the cure.

If this fail the next day but one a vomit will be proper. If the body be costive, it inflames all the symptoms; and yet if purges be given, they increase the violent motion of the blood: Cooling and oily glysters are the proper method; and they should be repeated every morning.

The diet must be light and cool: all solid foods omitted for the first four or five days. Chicken broth and jellies must be the nourishment during this period.

As

As the disorder abates, by degrees the usual diet for healthy old men may be introduced. But this must be done gradually, and with great caution; otherwise, a sudden change, from low to richer diet, will certainly bring on the complaint again.

Aged people bear a costive habit better than they do purgings; for by these they are easily weakened.

They will be cured of purgings by proper diet when regarded early: otherwise medicines must be called in, and perhaps they will be ineffectual.

The quantity of solid food should be abated in this case but it should not be left off wholly. The drink should be made of burnt hartshorn and comfry root, two ounces of each boiled in two quarts of water, the liquor poured clear off, and drank warm with a little red wine.

Rice-

Rice-milk, with cinnamon boiled in it, is best for breakfast ; and Rice-pudding for supper ; two hours before bed-time. Sea-biscuit should be eat instead of bread, and more than ordinary exercise should be used to promote perspiration.

Old persons are very subject to obstructions in the urinary passages ; and the gravel and stone follow. These are disorders difficult of cure ; but easily prevented in most constitutions.

The first rule is to avoid wine ; and supply its place by beer.

The diet should be cooling : and exercise moderate.

When fits come on, take manna and oil : this is an easy and effectual medicine. Two ounces of manna should be dissolved in half a pint of hot water, and six spoonfuls of oil of sweet almonds added to it. A spoonful of this taken every half hour will stay upon
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the stomach, assuage the pain, stop the vomitings which often attend this complaint; and at the same time procure stools: and while it eases the pains will give passage to the stone.

When a fit is perceived coming on, an infusion of BURDOCK ROOT slic'd, is the best remedy. Half a pint of this with a quarter of a pint of milk, and sweetened with honey, is to be taken every four hours.

Great evacuations, intense study, violent passions, or a too low diet will sometimes bring on, an alarming weakness on old men; with feebleness of the limbs, paleness of the face, waste of flesh, and low spirits. The remedies are cordials, and a somewhat richer diet

The greatest of all medicines in this case is *Sage*: this plant is perfectly innocent, a grateful cordial, and a preservative against all the decays of nature; raising the spirits, composing the mind, and giving chearfull days and quiet nights.

nights. The antients had some way of preparing this plant by which they gave old men the spirit, and the advantages of youth. But I am afraid at this time we have little knowledge of their method *

Rest of mind and body are proper in this case. Let not the patient think he is in danger: Let him rise early; but not go out 'till the day is warm. The country air is also excellent: if he be too loose in his bowels let him check it by the means we have directed; and let his malt liquor be strong of the hop.

Between breakfast and dinner let him
take

* Since the publication of the last edition of this pamphlet, that method seems to have been found. The *Tincture of Sage* will answer all the old mans expectations, and make good every thing the antients wrote of it. See a pamphlet on THE VIRTUES OF SAGE IN LENGTHNING HUMAN LIFE, published at Mr. Baldwins, in Paternoster-Row, and Mr. Riddleys, in St. James Street.

take a yolk of a new laid egg beat up in a glass of strong white wine. The company of agreeable friends will be the best medicine in an evening : and good broth his fittest supper.

An asthma is a common complaint with aged persons : 'tis difficult of cure ; but relief is easy : and it will depend chiefly on the air. This should be neither thick nor damp.

The smoak of London, and ill smells from trades carried on there are hurtful. No person subject to an asthma should live near tanners or tallow chandlers.

Exercise before dinner, and supper is particularly useful.

Frequent washing the feet in warm water, with good rubbing with dry cloaths afterwards, is also highly serviceable.

Cold and viscous foods shou'd be avoided. The stomach must not be suffered to be empty, nor must it be loaded. The food

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should

should be somewhat rich, and to assist digestion two or three dishes of good green tea, made carefully and taken with little sugar and without milk, should be drank constantly, two hours and a half after dinner.

Bleeding is usually necessary: And if the blood be sizy it must be repeated.

After this the greatest preservative is gum ammoniacum. A quarter of an ounce of this being dissolved in half a pint of water, two spoonfuls should be taken, every night.

This method will prevent many fits; and abate the severity of those which cannot be put off.

Thus the old man, even against the fury of this worst disturbance of his life, as well as all the rest, will live happy: and he ought to value that happiness the more because he will owe it to his own discretion.

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